



beef & mushroom braise



scratch-made mango tart

BOWLS

Braises served with mashed potatoes or choice of rice and grilled rustic bread (150 cal). Make it **GF** when you request no bread.

BEEF & MUSHROOM BRAISE \$16.95 **GF** **DF** 550-670 cal
seasoned natural beef, slow cooked with red wine sauce, whole mushrooms, yellow onions, organic carrots, celery, garlic and fresh parsley

MOROCCAN CHICKEN BRAISE \$15.95 **GF** **DF** 570-700 cal
cage-free, antibiotic & hormone free, never frozen chicken slow cooked with squash, yellow onion, preserved lemons, marinated olives, turmeric, fresh ginger, spices and cilantro

BEETS + AVOCADO BOWL \$12.95 **GF** **V** **DF** 720 cal
organic red and white quinoa, roasted organic beets, avocado, raw walnuts, pickled red onions, hemp seeds, shaved cabbage, miso lemongrass dressing

MEDITERRANEAN CHICKEN BOWL \$15.95 • 960 cal
chargrilled cage-free chicken marinated in mediterranean spices & drizzled with lemon sour cream. served with ginger-turmeric basmati rice, red onion & mint salad, sweet cherry peppers, cucumber tzatziki, housemade hummus and sumac spiced crispy pita chips

new! BRAISED SHORT RIBS \$24.50 **GF** 1110 cal w/ mashed potatoes
red wine reduction braised beef short ribs, mashed organic potatoes, tomato pesto and microgreens

SOUPS

Served with grilled rustic bread (150 cal). Make it **GF** when you request no bread.

TOMATO BASIL cup \$5.25 / bowl \$7.25 **V** **DF** 110-190 cal
organic tomatoes, coconut milk, vegan pesto, garlic croutons **GF** without croutons or bread

CHICKEN TORTILLA cup \$5.25 / bowl \$7.25 • 110-140 cal
marinated cage-free chicken, poblano peppers, carrots, celery, onions, topped with crispy tortilla strips, queso fresco and cilantro

KIDS

Served with any side, grilled rustic bread (150 cal), and choice of organic milk (120 cal) or apple juice (40 cal).

MACARONI & CHEESE \$9.25 **VEG** 560-920 cal
CRISPY JUMBO CHICKEN TENDERS \$11.25 • 440-800 cal
GRILLED CAGE FREE CHICKEN \$10.50 **DF** 300-660 cal
GRILLED GRASS FED STEAK* \$12.25 **DF** 290-650 cal
GRILLED SUSTAINABLE SALMON* \$14.50 **DF** 380-740 cal

DESSERTS

Made-from-scratch daily by our pastry chefs.

CHOCOLATE CHUNK COOKIE one \$4.25 / three \$11 • 480-1440 cal
URBAN COWGIRL COOKIE one \$4.25 / three \$11 **DF** 450-1350 cal
GF CHOCOLATE COOKIE one \$4.25 / three \$11 **GF** 350-1050 cal
BANANA CREAM PIE \$7.25 • 670 cal
CHOCOLATE FLOURLESS CAKE slice \$8.25 **GF** 700 cal
HUMMINGBIRD CAKE slice \$8.25 • 1100 cal
CHOCOLATE VANILLA LAYER CAKE slice \$8.25 • 880 cal
MANGO TART slice \$8.25 • 380 cal
new! FRUIT TART \$7.25 • 640 cal

BEVERAGES

BOTTLED ALKALINE WATER \$4.25 • 0 cal
STUBBORN NATURAL SODA \$4.50 • 130-160 cal
ORGANIC ICED TEA \$4.50 • 0 cal
CAFE MOTO ORGANIC COFFEE \$4 • 0 cal
CAFE MOTO HOT TEAS \$4 • 0 cal
KOMBUCHA ON TAP \$7 • 50 cal
HOUSE MADE REPLENISHERS \$5.50 • 80-360 cal
lemonade, ginseng mint green tea, pineapple coconut lime, seasonal selection

family meals to-go

choice of protein served with any two family sides and grilled rustic bread. serves 4. make it **GF** when you request no bread.

CRISPY CHICKEN TENDERS \$66.25 contains gluten
690-1800 cal + 150 w/ bread (per person)
GRILLED CAGE FREE CHICKEN \$66.25 **GF** **DF**
410-1330 cal + 150 w/ bread (per person)
GRILLED GRASS FED STEAK* \$82.25 **GF** **DF**
390-1310 cal + 150 w/ bread (per person)
CHIMICHURRI GRASS FED STEAK* \$86.50 **GF** **DF**
490-1410 cal + 150 w/ bread (per person)
GRILLED SUSTAINABLE SALMON* \$82.25 **GF** **DF**
470-1390 cal + 150 w/ bread (per person)
BLACKENED SUSTAINABLE SALMON* \$86.50 **GF**
630-1550 cal + 150 w/ bread (per person)
ROASTED BARRAMUNDI SEABASS \$80.25 **GF**
590-1510 cal + 150 w/ bread (per person)
SEARED WILD AHI TUNA* \$77.95 **GF** **DF**
520-1440 cal + 150 w/ bread (per person)
add a **FAMILY HOUSE** **GF** **V** **DF** or **CAESAR SALAD** +\$10
400-460 cal

*Items are served raw or undercooked, or contain or may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

Menu prices vary by location. Prices shown are for dine-in and takeout orders. Prices for delivery orders are generally higher. Prices and menu items subject to change and availability. While some items are marked "Gluten Free, Dairy Free, Vegetarian and Vegan," we cannot guarantee that food items will not inadvertently come into contact with others during preparation. NC 9.24.25

CATERING & GROUP ORDERING

Made-from-scratch favorites for office, home and special events. Minimum order of 10 or more. Add in increments of one.

#1 CHOOSE PACKAGING

INDIVIDUALLY PACKAGED
includes 1 protein + 2 sides per person. Packaged individually (one person, one container)

GROUP TRAY PACKAGING
includes 1 protein + 2 sides per person. Packaged buffet style (in trays for buffet service)

#2 CHOOSE A PROTEIN

GRILLED GRASS FED STEAK* **GF** **DF** 250 cal
CHIMICHURRI GRASS FED STEAK* **GF** **DF** 350 cal
GRILLED SUSTAINABLE SALMON* **GF** **DF** 330 cal
SEARED WILD AHI TUNA* **GF** **DF** 380 cal
GRILLED CAGE FREE CHICKEN **GF** **DF** 270 cal
CHILI GLAZED GRILLED ORGANIC TOFU **GF** **V** **DF** 240 cal

#3 CHOOSE TWO SIDES

RAINBOW CARROTS & GOLDEN BEETS **GF** **V** **DF** 170 cal
BALSAMIC ROASTED BRUSSELS SPROUTS **GF** **V** **DF** 260 cal
ORGANIC RED & WHITE QUINOA **GF** **V** **DF** 230 cal
GARLIC PARMESAN ROASTED MUSHROOMS **VEG** 240 cal
YELLOW BASMATI RICE **GF** **V** **DF** 220 cal
HERB ROASTED MARBLE POTATOES **GF** **V** **DF** 120 cal
MASHED ORGANIC POTATOES **GF** **VEG** 350 cal
MACARONI & CHEESE **VEG** 370 cal
BEET SALAD W. GOAT CHEESE **GF** **VEG** 130 cal

LARGE SALADS

Small size catering salads serve 10. Large size catering salads serve 20. Salads are served in large plastic bowls.

CLASSIC HOUSE small or large **GF** **V** **DF** 1200-2000 cal
CHOPPED CAESAR small or large • 1710-2850 cal
LOCAL MIXED BEET small or large **GF** **VEG** 1680-2800 cal
URBAN SUPERFOOD small or large **GF** **VEG** 2670-4450 cal

SANDWICH TRAYS

Sandwiches are served cut in half and come with chips.

SMALL serves 5 • **LARGE** serves 10

TURKEY AVOCADO CLUB • 1210 cal + 150 w/ chips
GRILLED CAGE FREE CHICKEN **DF** 690 cal + 150 w/ chips
GRILLED GRASS FED STEAK* **DF** 760 cal + 150 w/ chips
GRILLED PORTOBELLO MUSHROOM **V** **DF** 600 cal + 150 w/ chips
GRILLED CAGE FREE CHICKEN CLUB • 1220 cal + 150 w/ chips

BOXED MEALS

Ordering made easy with individually boxed meals.

CHOICE OF SANDWICH, SERVED WITH CHIPS
option to add a side salad
option to add a cookie



ORDERING

Order online at urbanplates.com

To speak with a catering consultant:
email catering@urbanplates.com or call 1-800-652-4788



URBAN PLATES

made from scratch

everyone deserves
to eat this good

we're changing the way the world eats
by making craveable, wholesome and
clean food accessible to all

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DF DAIRY FREE **GF** GLUTEN FREE **VEG** VEGETARIAN **V** VEGAN

To offset the cost of CA mandated benefits,
a 3% surcharge is added.



100% GRASS FED STEAK • MARINATED 12 HOURS



HERB MARINATED • ANTIBIOTIC & HORMONE FREE CHICKEN



HAND BREADED • CAGE FREE • NEVER FROZEN CHICKEN



ASC CERTIFIED SUSTAINABLE • CHARGRILLED SALMON



GRILLED GRASS FED STEAK • GARLIC PARMESAN SHRIMP

PLATES & SIDES

Served with any two sides and grilled rustic bread (150 cal).
Make it  when you request no bread.

#1 CHOOSE A PROTEIN

GRILLED GRASS FED STEAK*

GRILLED \$21.95   250 cal
CHIMICHURRI \$22.95   350 cal
SPICY TERIYAKI \$22.95  300 cal
TZATZIKI \$22.95  275 cal
TRUFFLE AIOLI \$22.95   460 cal
BLUE CHEESE \$22.95   400 cal

GRILLED CAGE FREE CHICKEN

GRILLED \$18.50   270 cal
CHIMICHURRI \$19.50   370 cal
SPICY TERIYAKI \$19.50  320 cal
TRUFFLE AIOLI \$19.50   480 cal
TZATZIKI \$19.50  295 cal
BUFFALO \$19.50   330 cal
BLUE CHEESE \$19.50   420 cal
DIJON HONEY \$19.50   380 cal

CRISPY JUMBO CHICKEN TENDERS

3 TENDERS \$18.50 550 cal • 2 TENDERS \$15.95 370 cal

GET YOUR TENDERS TOSSED FOR +\$1

NASHVILLE HOT 490-740 cal
BUFFALO 430-650 cal
SPICY TERIYAKI 420-620 cal

SUSTAINABLE SEAFOOD

GRILLED SUSTAINABLE SALMON* \$21.95   330 cal
BLACKENED SUSTAINABLE SALMON* \$22.95   490 cal

SALMON SAUCES

Dijon Honey   +110 cal
Lemon Hollandaise  +190 cal
Tzatziki  +25 cal
Spicy Teriyaki  +50 cal

BARRAMUNDI SEABASS w. lemon hollandaise \$20.50  480 cal
SEARED WILD AHI TUNA* w. ponzu & wasabi \$20.50   380 cal
GARLIC SHRIMP w. parmesan butter \$17.95  330 cal

STEAK & SHRIMP PLATE

SURF & TURF \$26.95  580 cal • grilled steak* & garlic shrimp

PLANT BASED PLATES

CHILI GLAZED GRILLED ORGANIC TOFU \$15.95    240 cal

THREE UP \$12.95 choose 3 vegan sides 210-1590 cal

FOUR UP \$15.50 choose 4 vegan sides 280-2120 cal

#2 CHOOSE TWO SIDES

VEGETABLES

SEASONAL GREEN    70 cal
ORGANIC CARROTS & BEETS    170 cal
ROASTED BRUSSELS SPROUTS    260 cal
BEET SALAD w. goat cheese   130 cal
new! GARLIC PARMESAN MUSHROOMS +\$1  240 cal

STARCHES

MASHED ORGANIC POTATOES   350 cal
ROASTED MARBLE POTATOES    120 cal
FRENCH FRIES w. herb seasoning • 430 cal
TRUFFLE PARMESAN FRIES +\$2 • 530 cal
MACARONI & CHEESE  370 cal
HUMMUS & PITA CHIPS +\$1 • 430 cal

GRAINS & SALADS

ORGANIC RED & WHITE QUINOA    230 cal
YELLOW BASMATI RICE    220 cal
SIDE HOUSE SALAD    110 cal
SIDE CAESAR SALAD • 140 cal

To offset the cost of CA mandated benefits,
a 3% surcharge is added.



chicken
cobb salad

SANDWICHES

Chef-crafted sandwiches. Sub gluten free bread (420 cal) +\$1.5

GRILLED CAGE FREE CHICKEN \$12.95  690 cal + 150 w/ chips
herb marinated cage-free chicken, slow roasted tomatoes and
orange-basil aioli on grilled rustic bread. served with chips

CAGE FREE CHICKEN CLUB \$17.25 • 1220 cal + 150 w/ chips
grilled cage-free chicken, duroc pork bacon, organic tomato, pickled
onion, artisan lettuce, garlic aioli and white cheddar cheese on grilled
rustic bread. served with chips

TURKEY AVOCADO CLUB \$17.95 • 1210 cal + 150 w/ chips
hand carved herb-roasted turkey breast, avocado, duroc pork bacon,
havarti cheese, crisp lettuce, organic tomato, chipotle aioli, on grilled
rustic bread. served with chips

GRILLED GRASS FED STEAK* \$16.95  760 cal + 150 w/ chips
hand carved 100% grass-fed steak, slow roasted tomatoes and
chimichurri aioli on grilled rustic bread. served with chips

new! BLUE CHEESE STEAK* \$17.95 • 910 cal + 150 w/ chips
100% grass-fed steak topped with blue cheese sauce, with slow roasted
tomatoes & chimichurri aioli on grilled rustic bread. served with chips

GRILLED PORTOBELLO MUSHROOM \$14.95   600 cal + 150 w/ chips
marinated & grilled portobello mushroom, pesto hummus, roasted red
onions, grilled zucchini, julienne red bell peppers and arugula on grilled
rustic bread. served with chips

CRISPY CHICKEN SANDWICH + FRIES \$13.25

two crispy jumbo, hand breaded cage-free chicken tenders on a toasted
bun with roasted garlic aioli and pickles. served with herb seasoned fries
Get your tenders tossed for +\$0.75

GRASS FED CHEESEBURGER* + FRIES

chargrilled, 100% grass-fed beef, hand sliced american cheese, organic
tomato, onion, pickles and housemade thousand island on a toasted
bun. served with herb seasoned fries

Single \$12.95 • 570 cal + 430 w/ fries
Double \$17.5 • 850 cal + 430 w/ fries

HALF SANDWICH COMBOS

with choice of soup or side salad & grilled rustic bread (150 cal)

Grilled Chicken  or **Portobello Mushroom**   \$10.50 • 600-680 cal
Grilled Steak  or **Turkey Avocado Club** \$11.50 • 630-920 cal

Add a cup of soup +\$3.95 • 110-140 cal Add a side +\$3.95-\$5.95 • 70-530 cal

WRAPS

Served with kettle chips (150 cal) and choice of dipping sauce (50-260 cal).

new! CAESAR WRAP

chopped romaine and red gem lettuce, caesar dressing, organic
grape tomatoes, rustic croutons, fresh grated parmesan, garlicky
cream cheese spread, and choice of protein wrapped in a toasted
lavash flatbread.

with crispy chicken tender \$14.25 • 940 cal
with buffalo chicken tender \$14.25 • 970 cal
with grilled cage-free chicken \$14.25 • 910 cal
with grilled grass-fed steak* \$16.50 • 920 cal

Add a cup of soup +\$3.95 • 110-140 cal Add a side +\$3.95-\$5.95 • 70-530 cal



caesar wrap
w. buffalo chicken tender

SALADS

Hand-tossed entree salads with scratch-made dressing and
grilled rustic bread (150 cal). Make it  when you request no bread.

new! CHOP CHOP TURKEY \$18.50 • 750 cal

chopped romaine and red gem lettuce, green cabbage and herb-
roasted turkey tossed with balsamic basil vinaigrette, organic grape
tomatoes, diced cucumbers, pickled vegetables, duroc pork bacon,
pepperoncini and fresh grated parmesan cheese. drizzled with
balsamic glaze and topped with crispy quinoa and fried onions

GRILLED CHICKEN COBB \$18.50  690 cal

organic artisan lettuce, grilled cage-free, antibiotic & hormone free,
never frozen chicken, organic grape tomatoes, crispy turkey bacon,
avocado, organic egg, blue cheese, buttermilk dill dressing

THAI CHICKEN NOODLE \$17.95  900 cal

udon noodles tossed with green cabbage, arugula, mandarin oranges,
roasted peanuts, pineapple mango salsa, julienned carrots, red bell
peppers, green onions, chopped cilantro, pickled red onions, spicy
peanut dressing, grilled cage-free chicken and gochujang chili sauce.
served with leaves of romaine, thai basil and white sesame seeds

WILD AHI NICOISE* \$18.95   850 cal

organic artisan lettuce, tamari marinated and seared wild ahi tuna,
green beans, organic egg, organic grape tomatoes, potatoes, capers,
marinated olives, mustard-champagne vinaigrette

CHOPPED CAESAR \$12.95 • 460 cal

leaves of romaine, red gem lettuce, organic grape tomatoes,
fresh grated parmesan cheese, roasted garlic croutons,
creamy caesar dressing

with grilled cage-free chicken \$17.95 • 630 cal

with grilled sustainable salmon* \$19.95 • 760 cal

CLASSIC HOUSE \$12.95    400 cal

organic artisan lettuce, organic grape tomatoes, organic carrots,
jicama, pickled red onions, preserved lemon vinaigrette

URBAN SUPERFOOD \$12.95   890 cal

organic artisan lettuce, organic baby kale, spiced chickpeas, super
seed crisps, mandarin oranges, pickled red onions, raw walnuts, blue
cheese, dried cranberries, mint, blueberry champagne vinaigrette

LOCAL MIXED BEET \$15.50   560 cal

marinated organic yellow & red beets, arugula, organic artisan lettuce,
roasted tomatoes, organic carrot, crisp jicama, raw walnuts,
hemp seeds, goat cheese, preserved lemon vinaigrette

GRILLED STEAK* \$19.95   590 cal

organic artisan lettuce, 100% grass-fed steak, pineapple mango salsa,
jicama, mint, coconut roasted cashews, mild jalapeno-lime dressing

Add a cup of soup +\$3.95 • 110-140 cal

Add Proteins

grilled grass fed steak* \$10.5 250 cal • grilled cage free chicken \$9.25 270 cal
seared wild ahi* \$9.5 380 cal • crispy jumbo chicken tender \$5.5 180 cal
garlic shrimp \$5.5 330 cal • grilled sustainable salmon* \$10.5 330 cal
chili glazed grilled organic tofu \$5.5 240 cal